

## Aerial Hoop Manual

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In the Aerial Hoop Manual Vol.2 there are over 1000 pictures in this beast of a book. Study advanced ways to move under the hoop with classic moves such as meathooks, heel hang and toe hang. Hone your technique of the shoulder stand and splits all around the hoop in chapter two.

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The Aerial Hoop Manual : Volume 1 by Rebekah Leach This excellent instructional book will guide you through over 50 families of aerial hoop, aka aerial ring or lyra, moves. All the moves are explained step-by-step with the help of over 600 full colour pictures.

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Prerequisites: Aerial Hoop Instructor Training Level 1 through a Born to Fly™ master trainer or provider. Must be at an intermediate level, able to invert from sitting on the hoop without momentum, and pull up to sitting atop the hoop. Required Textbook: Aerial Hoop Manual Volume 2 & The Aerial Teacher's Handbook

Aerial Hoop Manual Volume 2 DIGITAL DOWNLOAD

[www.aerialdancing.com](http://www.aerialdancing.com)

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In this first volume of the Aerial Hoop Manual series, you will find over 600 pictures to help depict over 50 families of moves which are explained through detailed step-by-step instructions. Students will gain an understanding of where the content fits into the big picture of aerial hoop.

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Aerial Hoop Manual Vol. 1 - Digital

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Amazon.com - The Aerial Hoop Manual Volume 2

This manual covers foundational moves, basic inversions, under the hoop moves, mounting the hoop, beginning and intermediate moves in the hoop, as well as beginning transitions. Bonus pages include articles on how to choose the right hoop, as well as the physics of the hoop.

The Aerial Hoop Manual Volume 1 by Rebekah Leach

Instruction Manual Aerial Silks Complete Setup Fabric Tissu Hardware Carabiner Rescue8 Terminal8 Swivel Aerial Yoga Hammock Lyra Trapeze

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Providing Hardware For Flight - aerialessentials.com

The Circus Aerials Society works with independent aerialists who perform on aerial silks, hoop and dance trapeze to coordinate performances and shows. We also teach classes in aerial silks, hoop and dance Trapeze and sell Instructional Manuals and DVDs for Aerial Silks and other Aerial arts. Aerial silks is also referred to as aerial tissu,

Aerial Silks Manual - Instructions for Aerial Silks Skills ...

The Aerial Hoop Manual : Volume 1 by Rebekah Leach. Be the first to review this product. €66.00. Only 4 left! Qty. Add to Cart. A comprehensive guide to the aerial hoop for beginner and intermediate aerialists. Great for student and teachers. Details.

Hoop - Volume 1.PDF - Aerial Essentials

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The Aerial Hoop Manual : Volume 1 Rebekah Leach

Aerial Hoops, Rings and Lyras. All are professionally manufactured from high quality steel and all have been certified and strength tested at an external facility. Also available are aerial hoop / ring / lyra accessories like tape, swivels and learning materials.

Aerial Hoop Manual

In the Aerial Hoop Manual Vol.2 there are over 1000 pictures in this beast of a book. Study advanced ways to move under the hoop with classic moves such as meathooks, heel hang and toe hang. Learn more about aerial theory and the big picture of how moves relate to one another in the "about this move" descriptions that accompany every move.

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